

**2026 Friar Invitational  
April 10, 2026**

3:30 PM	0:15	National Anthem	
3:45 PM	0:10 W	100m Hurdles	1-2 Heats
3:55 PM	0:15 M	110m Hurdles	1-2 Heats
4:10 PM	0:05 W	400m Hurdles	1-2 Heats
4:15 PM	0:10 M	400m Hurdles	1-2 Heats
4:25 PM	0:02 W	100m	1 Heat
4:27 PM	0:03 M	100m	1 Heat
4:30 PM	0:10 W	400m	2-3 Heats
4:40 PM	0:10 M	400m	2-3 Heats
4:50 PM	0:10 W	800m open	2-3 Heats
5:00 PM	0:10 M	800m open	2-3 Heats
5:10 PM	0:13 W	3000m open	1 Heat
5:23 PM	0:12 M	3000m open	1 Heat
5:35 PM	0:30 W	Mile open	4-5 Heats
6:05 PM	0:30 M	Mile open	4-5 Heats
6:35 PM	0:05 W	200m	2-3 Heats
6:40 PM	0:20 M	200m	2-3 Heats

**Break**

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<b>7:00 PM</b>	<b>0:08 W</b>	<b>800m Invite</b>	<b>2 Heats</b>
<b>7:08 PM</b>	<b>0:07 M</b>	<b>800m Invite</b>	<b>2 Heats</b>
<b>7:15 PM</b>	<b>0:15 W</b>	<b>Steeple</b>	<b>1 Heat</b>
<b>7:30 PM</b>	<b>0:15 M</b>	<b>Steeple</b>	<b>1 Heat</b>
<b>7:45 PM</b>	<b>0:10 W</b>	<b>Mile Invite</b>	<b>2 Heats</b>
<b>7:55 PM</b>	<b>0:10 M</b>	<b>Mile invite</b>	<b>2 Heats</b>
<b>8:05 PM</b>	<b>0:13 W</b>	<b>3000m Invite</b>	<b>1 Heat</b>
<b>8:18 PM</b>	<b>0:12 M</b>	<b>3000m Invite</b>	<b>1 Heat</b>
<b>8:30 PM</b>	<b>0:20 W</b>	<b>5000m Invite</b>	<b>1 Heat</b>
<b>8:50 PM</b>	<b>0:17 M</b>	<b>5000m Invite</b>	<b>1 Heat</b>
9:07 PM	0:20 W	5000m open	1 Heat
9:27 PM	M	5000m open	1 Heat

***\*Rolling Schedule up until break***

5:00 PM	W	High Jump	
	M	High Jump	*to followup W HJ
5:00 PM	W	Long Jump	
	M	Long Jump	*to followup W LJ